Natural Instinct Healing

Rest. Relax. Rejuvenate.

Join **Natural Instinct Healing** for an Inspiring, Empowering, and Transformational 10 Day Fasting Detox Retreat from **February 21st – March 2nd, 2014 -** hosted back at beautiful and tranquil *Gymea Eco Retreat & Day Spa*, Mt Warning, Northern NSW.

With strong an emphasis on *mind body medicine*, this retreat is a tool for cleansing, growth and renewal – it is like "hitting the restart button" not only for your health, but all aspects of your life. Our retreat is suitable for anyone who wants, or needs, a deep and thorough cleanse.

Weight Loss & Body Re-composition | Digestive Balance
Stress Relief | Increased Vitality & Energy | Detoxification
Increased Self Awareness | Hormonal Balance | Liver Cleanse
Cellular Renewal | Mental Clarity | Immune Resistance

For a retreat brochure with pricing, inclusions, and the amazing benefits of this retreat please visit:

www.NATURALINSTINCTHEALING.com

YOGA | DETOX | MASSAGE | SPA & SAUNA | MEDITATION | WORKSHOPS